



# HMA Ka Lama Iki Lunch Menu 2023-24

	Monday	Tuesday	Wednesday	Thursday	Friday Grab and go
Week 1	Tater tot casserole, salad, fruit, juice	Haystacks (taco salad) w/ nacho cheese, fruit, brownie, juice	Spaghetti - Red Sauce, garlic bread, salad, fruit, juice	Corn chowder soup & Egg salad sandwich, cookie, juice	Pizza, salad, dessert, juice
Week 2	Korean Fried Tofu, Rice, brownie, dorito salad, fruit, juice	Chili Cheese Dogs with cornbread, fruit, and juice	Cheese Tortellini Alfredo Sauce, garlic bread, cookie, salad, fruit, juice	Breakfast for Lunch pancake, tater tots scrambled eggs, fruit, juice	Cheese Quesadilla or Cheese & Bean Burrito, churros, juice
Week 3	Fresh tomato & basil pasta, garlic bread, brownie, dorito salad, fruit, juice	Plant-based chicken nuggets, mash potatoes, carrot stick, fruit, juice	Sweet and Sour tofu, rice, broccoli, Fruit, cookie, juice	Grilled Cheese & Tomato Soup, fruit Juice	Pizza, salad, dessert, juice
Week 4	Sweet & Sour veggie scallops, rice, mixed veggies, fruit, juice	Tacos/Burrito & Spanish Rice, salad, cookie, juice	Macaroni & Cheese, fruit, bread, dorito salad, juice	Hot Dogs & Local Chips, salad, pudding, juice	Cheese Quesadilla or Cheese & Bean Burrito, churros, juice

+Peanut butter jelly sandwich can be subbed as an everyday lunch item. Alert teacher for any food allergies.

Updated 08.01.23